CROCK-POT®
EXPRESS CROCK
MULTI-COOKER

Recipe Book



INTRODUCTION



THE FAST PRESSURE COOKER WITH SLOW-COOKER CONVENIENCE

In today's fast-paced world, you need a Multi-Cooker that can keep up with your lifestyle. Let the Crock-Pot® brand handle the pressure of mealtime with the new Express Crock Multi-Cooker. **Express Crock can cook meals up to 70% faster than traditional cooking**, so you can spend less time in the kitchen and more time with family.

PROMPT OR PATIENT

When you're in a hurry, choose from 8 pre-set pressurized settings for the same slow-cooked taste you love in under an hour. Of course, if you're not ready to eat now, you can choose the **SLOW COOK** setting – just set the cook time and come back later to a delicious, hot meal that's ready to eat when you are.

INSPIRED FAMILY MEALS

In this user-friendly recipe book, we walk you through some of the many flavor-packed meals that are easy to make in your Express Crock. To make this recipe book simple to use, we color-coded each dish so that you can quickly see which function is being used (pressure cook, slow cook, steam, or brown/sauté). We have also grouped the dishes according to meal type, so you can easily search for the dish that you are craving. We hope that you and your loved ones enjoy these recipes as much as we have!

VERSATILITY & CONVENIENCE

Easily prepare any recipe on the menu – whether it's slow cooked, steamed, sautéed or pressure cooked – using one convenient appliance. The non-stick cooking pot resists stuck-on food and is dishwasher safe, making clean-up a breeze.

TRUSTED

For over 35 years, the Crock-Pot® brand has been your trusted brand for cooking convenience. We strive to provide you with the most innovative and dependable products to make your life easier. The Crock-Pot® brand is a leader in one-pot cooking, and we're confident that Express Crock will be the perfect addition to your kitchen.

Let's eat!

TABLE OF CONTENTS

MATCH COLORS WITH COOKING FUNCTIONS:

pressure	slow cook
brown/sauté	steam

QUICK START GUIDE*





ASSEMBLY

- Place Cooking Pot into the Heating Base.
- Place Lid onto Multi-Cooker, and align ▼ with 🔓. To lock, twist counterclockwise, aligning ▼ with 🔒.

HOW TO USE YOUR EXPRESS CROCK

1. Add ingredients to the Cooking Pot and secure the Lid.
2. Press the function you would like to use.
3. Adjust Temperature and/or Pressure, if needed.
4. Use the Time Selection Buttons to set the desired cook time.
5. Rotate the Steam Release Valve into the position needed for the chosen function (see chart).
6. Press **START/STOP**.
7. Once cooking is complete, wait at least 10 minutes, allowing pressure to release naturally.
8. Use a kitchen utensil to rotate the Steam Release Valve into the "Release" position.

FUNCTION	PRESSURE COOK	LID REQUIRED	STEAM RELEASE VALVE POSITION
MEAT/STEW	Yes	Yes	Seal
BEANS/CHILI	Yes	Yes	Seal
RICE/RISOTTO	Yes	Yes	Seal
YOGURT	No	Yes (in some steps)	Release
POULTRY	Yes	Yes	Seal
DESSERT	Yes	Yes	Seal
SOUP	Yes	Yes	Seal
MULTIGRAIN	Yes	Yes	Seal
SLOW COOK	No	Yes	Release
BROWN/SAUTÉ	No	No	Do not use Lid
STEAM	Yes	Yes	Seal



DELAY TIMER

If you want your Express Crock to start cooking later, use the **DELAY TIMER** function, and select the amount of time you want your Multi-Cooker to wait before beginning the cooking cycle (not available on **BROWN/SAUTÉ**, **KEEP WARM**, or **YOGURT** settings).

* This Quick Start Guide is not meant to replace your Owner's Guide. Please read the Owner's Guide thoroughly before using the Quick Start Guide.

Hummus



COURSE: APPETIZER | **PREP TIME:** 10 MINUTES | **COOK TIME:** 45 MINUTES | **YIELDS:** 5 CUPS

INGREDIENTS:

6 cups water
2 cups dried chickpeas
1 cup olive oil
3 cloves garlic, peeled
¼ cup tahini
½ cup water
Juice of 2 lemons
1 tbsp soy sauce
Salt and freshly ground black pepper, to taste

DIRECTIONS:

Place chickpeas and water in the Cooking Pot. Secure the lid. Make sure the steam release valve is in the “Seal” (closed) position. Press **BEANS/CHILI**, set the pressure to HIGH, and adjust the time to 45 minutes. Press **START/STOP**.

Once cooking has completed, and the pressure has released, set aside to cool. Drain. Place all remaining ingredients in food processor and process to form a smooth paste. Season to taste with salt and pepper.

Store in a clean, covered container in the refrigerator for up to one week.

Steamed Shrimp with Chimichurri



COURSE: APPETIZER | **PREP TIME:** 15 MINUTES | **COOK TIME:** 2 MINUTES | **YIELDS:** 6 SERVINGS

INGREDIENTS:

SHRIMP:
1 lb peeled, deveined, tail-on shrimp (16/20 count)

CHIMICHURRI SAUCE:
1 cup finely chopped fresh parsley
3 tbsp olive oil
2 tbsp red wine vinegar
2 cloves garlic
½ tsp salt
¼ tsp freshly ground pepper
Pinch hot pepper flakes
1 ½ cups water

DIRECTIONS:

SHRIMP:
Add 1½ cups water to Cooking Pot. Place Steaming Rack inside Cooking Pot. Add shrimp. Secure the lid. Press **STEAM**, set pressure to HIGH, and adjust time to 2 minutes. Make sure the Steam Release Valve is in the “Seal” (closed) position. Press **START/STOP**. Once cooking has completed and the pressure is released, allow to cool.

CHIMICHURRI SAUCE:
Meanwhile, in food processor, combine parsley, oil, vinegar, garlic, salt, pepper and hot pepper flakes; pulse until finely chopped and almost smooth. Serve with shrimp.



Chicken Stock

COURSE:	PREP TIME:	COOK TIME:	YIELDS:
SOUP	5 MINUTES	1 HOUR	8 CUPS

INGREDIENTS:

2 lbs chicken carcass
6 cups water
5 black peppercorns
5 parsley stems
3 celery stalks, roughly chopped
1 leek, roughly chopped
1 bay leaf

DIRECTIONS:

Place all ingredients inside Cooking Pot. Secure the lid. Press **SOUP**, set pressure to HIGH, and adjust time to 1 hour. Make sure the Steam Release Valve is in the "Seal" (closed) position. Press **START/STOP**.

Once cooking is complete, and the pressure has released, set aside to cool. Strain stock. Place stock in storage containers and freeze for up to 3 months



Beef Stock

COURSE:	PREP TIME:	COOK TIME:	YIELDS:
SOUP	5 MINUTES	1 HOUR, 10 MINUTES	6 CUPS

INGREDIENTS:

2 tbsp vegetable oil
4 lbs beef bones
2 carrots, roughly chopped
2 celery stalks, roughly chopped
2 onions, roughly chopped
5 black peppercorns
5 parsley stems
1 bay leaf
8 cups water

DIRECTIONS:

Press **BROWN/SAUTÉ**, set temperature to HIGH, and then press **START/STOP**. Add oil and preheat for 2 minutes. Add half of the beef bones and brown for 3-4 minutes. Remove from Cooking Pot and repeat with the remaining bones.

Add carrots, celery and onions. Sauté for 4-5 minutes or until tender. Add remaining ingredients. Secure the lid.

Press **START/STOP**. Press **SOUP**, set pressure to HIGH, and set time to 1 hour. Make sure the Steam Release Valve is in the "Seal" (closed) position. Press **START/STOP**.

Once cooking is complete, and the pressure has released, set aside to cool. Strain stock. Place stock in portion sized containers and freeze for up to 3 months.

Thai Pumpkin Soup



COURSE: SOUP | PREP TIME: 10 MINUTES | COOK TIME: 4 HOURS | YIELDS: 4-6 SERVINGS

INGREDIENTS:

1½ tbsp butter
2 onions, chopped
2 cloves garlic, crushed
¼ cup red curry paste
1 cup coconut cream
1½ cups vegetable stock
2 lbs pumpkin, peeled, chopped, seeds removed
Salt and freshly ground black pepper, to taste
Fresh coriander, to serve

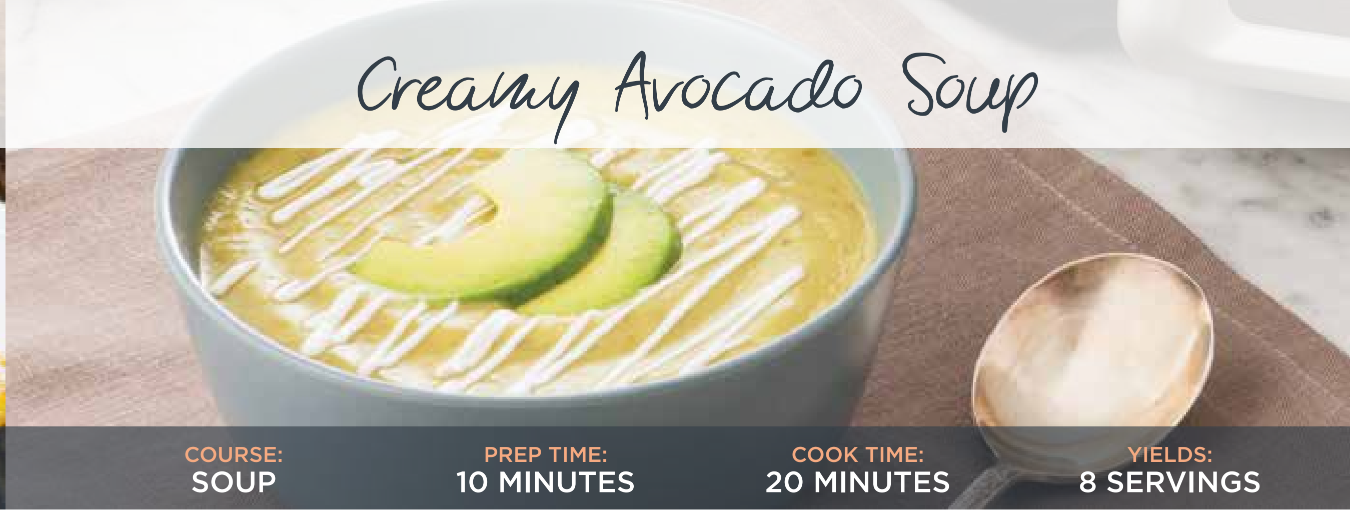
DIRECTIONS:

Press **BROWN/SAUTÉ**, set temperature to HIGH, and then press **START/STOP**. Add butter and preheat for 2 minutes. Add onion and garlic. Sauté for 4-5 minutes or until tender. Add curry paste, sautéing for one minute or until fragrant.

Add remaining ingredients to the Cooking Pot. Secure the lid. Press **START/STOP**. Press **SLOW COOK**, set temperature to HIGH, and adjust time to 4 hours. Make sure the Steam Release Valve is in the “Release” (open) position. Press **START/STOP**.

Once cooking has completed, allow to cool. Purée with immersion blender until smooth. Season to taste with salt and pepper. Reheat before serving. Serve with fresh coriander.

Creamy Avocado Soup



COURSE: SOUP | PREP TIME: 10 MINUTES | COOK TIME: 20 MINUTES | YIELDS: 8 SERVINGS

INGREDIENTS:

1 tbsp olive oil
1 onion, finely chopped
2 cloves garlic, minced
1 tsp ground cumin
1 can (10 oz) cream of chicken condensed soup
4 cups chicken broth
2 ripe avocados, mashed
¼ cup lime juice
2 tbsp chopped fresh cilantro
¼ cup sour cream
2 tbsp 35% whipping cream

DIRECTIONS:

Press **BROWN/SAUTÉ**, set temperature to HIGH, and then press **START/STOP**. Allow Multi-Cooker to preheat. Add oil to cooking Cooking Pot; add onion, garlic and cumin. Sauté, stirring, for 5 minutes or until onion starts to soften.

Add cream of chicken condensed soup. Whisk in chicken broth. Press **START/STOP**. Press **BROWN/SAUTÉ**, set temperature to LOW, then press **START/STOP**. Bring to simmer for 10 minutes.

Once cooking has completed, allow to cool. Stir in avocados. Purée with immersion blender until smooth. Stir in lime juice and cilantro. Combine sour cream and whipping cream; drizzle evenly over soup. Reheat before serving.

Chili Con Carne



COURSE: **SIDE** | PREP TIME: **15 MINUTES** | COOK TIME: **50 MINUTES** | YIELDS: **8-10 SERVINGS**

INGREDIENTS:

1 tbsp vegetable oil
4 lbs ground beef
1 tbsp olive oil
2 cloves garlic, crushed
2 onions, roughly chopped
1 large red capsicum, seeds removed, chopped
2 x 14 oz cans chopped tomatoes
2 cups beef stock
½ cup fresh coriander, roughly chopped
¼ cup cocoa powder
2 tsp ground cumin
2 tsp ground oregano
1 tsp ground cloves
1 tsp chili flakes
1 cinnamon stick
2 x 14 oz cans kidney beans, drained, rinsed
Salt and freshly ground black pepper, to taste

DIRECTIONS:

Press **BROWN/SAUTÉ**, set temperature to HIGH, and then press **START/STOP**. Add oil and preheat for 2 minutes. Add half of the beef and brown in Cooking Pot for 3-4 minutes. Remove from Cooking Pot. Repeat with the remaining beef. Remove from Cooking Pot. Press **START/STOP**. Remove any excess grease from the Cooking Pot and discard.

Press **BROWN/SAUTÉ**, set temperature to HIGH, and then press **START/STOP**. Add olive oil, garlic, onions and capsicum. Sauté for 4-5 minutes or until tender. Return beef to the Cooking Pot and add remaining ingredients, except beans. Press **START/STOP**. Secure the lid. Make sure the steam release valve is in the "Seal" (closed) position. Press **BEANS/CHILI**, set the pressure to HIGH, and adjust the time to 45 minutes. Press **START/STOP**. Once cooking has completed, and the pressure has released, carefully remove lid.

Press **BROWN/SAUTÉ**, then press **START/STOP**. Add the kidney beans and bring the chili con carne to simmer for 15 minutes or until thickened. Season to taste with salt and pepper. Serve.

TIP: This chili is great served with sour cream and fresh coriander.

White Chili with Double-Smoked Bacon & Leeks



COURSE: **SIDE** | PREP TIME: **20 MINUTES** | COOK TIME: **3 HOURS, 40 MINUTES** | YIELDS: **8 SERVINGS**

INGREDIENTS:

4 slices double-smoked bacon, chopped
2 leeks, chopped
1 onion, chopped
1 jalapeño pepper, seeded and finely chopped
2 cloves garlic, minced
1 tbsp chopped fresh thyme
1 tsp ground cumin
1 tsp Cajun seasoning blend
1 can (19 oz) white beans, drained and rinsed
1 can (19 oz) chickpeas, drained and rinsed
1 can (19 oz) kidney beans, drained and rinsed
1 cup drained black beans
2 tbsp all-purpose flour
3 cups chicken broth
½ cup 35% whipping cream
2 cups shredded aged white cheddar cheese
2 green onions, finely chopped
Whole grain bread, for serving (optional)

DIRECTIONS:

Press **BROWN/SAUTÉ**, set temperature to HIGH, and then press **START/STOP**. Allow Multi-Cooker to preheat. Add bacon to Cooking Pot. Brown, stirring occasionally, for 5 minutes or until bacon starts to crisp.

Drain half of the fat. Add leeks, onion, jalapeño, garlic, thyme, cumin and seasoning blend. Brown for 4 or 5 minutes or until vegetables start to soften. Add white beans, chickpeas, kidney beans and black beans. Sprinkle flour over top. Cook for 2 minutes. Slowly stir in broth.

Press **START/STOP**. Secure the lid. Make sure Steam Release Valve is in the "Release" (open) position. Select **SLOW COOK**, set temperature to LOW, and adjust time to 3 hours. Press **START/STOP**. Once cooking has completed, stir in cream; heat through. Stir in cheddar cheese.

Garnish with green onions. Serve with bread (if using).

Warm Potato Salad



COURSE: SIDE | PREP TIME: 10 MINUTES | COOK TIME: 5 MINUTES | YIELDS: 8 SERVINGS

INGREDIENTS:

3 lb baby potatoes, halved
⅓ cup olive oil
3 tbsp white wine vinegar
1 tbsp grainy mustard
1 clove garlic, minced
½ tsp salt
¼ tsp pepper
⅓ cup sliced fresh basil
⅓ cup sliced sun-dried tomatoes
¼ cup minced red onion
3 cups water

DIRECTIONS:

Add potatoes to Cooking Pot with 3 cups of water. Secure the lid. Press **STEAM**, set pressure to HIGH, and adjust time to 5 minutes. Make sure the Steam Release Valve is in the "Seal" (closed) position. Press **START/STOP**. Once cooking has completed and the pressure is released, drain in colander; let cool slightly.

Meanwhile, whisk together oil, vinegar, mustard, garlic, salt and pepper. Stir in basil. Toss in sun-dried tomatoes and onion. Drizzle dressing over warm potatoes. Toss gently.

Sesame & Honey-Glazed Green Beans



COURSE: SIDE | PREP TIME: 10 MINUTES | COOK TIME: 10 MINUTES | YIELDS: 6-8 SERVINGS

INGREDIENTS:

1 tbsp canola oil
1½ lb green beans
½ tsp salt
¼ tsp pepper
¼ cup orange juice
2 tbsp honey
2 tsp rice wine vinegar
2 tsp sesame oil
4 tsp toasted sesame seeds

DIRECTIONS:

Press **BROWN/SAUTÉ**, set temperature to HIGH, and then press **START/STOP.** Allow Multi-Cooker to preheat. Add canola oil to Cooking Pot; sauté green beans, salt and pepper, stirring, for about 5 minutes or until green beans start to soften.

Add orange juice, honey, rice wine vinegar and sesame oil; sauté, stirring occasionally, for about 5 minutes or until green beans are glazed and most of the liquid has evaporated. Press **START/STOP**. Garnish with sesame seeds.

Lamb Shanks with Lemon & Dill



COURSE: ENTRÉE | PREP TIME: 10 MINUTES | COOK TIME: 40 MINUTES | YIELDS: 4 SERVINGS

INGREDIENTS:

4 lamb shanks
¼ cup plain flour
¼ cup olive oil
2 cloves garlic, crushed
2 onions, chopped
¾ cup chicken stock
4 fresh dill sprigs
1 lemon, finely sliced
2 tbsp lemon juice
Salt and freshly ground black pepper, to taste
Fresh dill, to serve

DIRECTIONS:

Dust lamb shanks in flour. Press **BROWN/SAUTÉ**, set temperature to HIGH, and then press **START/STOP**. Add half of the oil and preheat for 2 minutes. Add lamb and brown for 3-4 minutes or until golden.

Remove lamb from Cooking Pot. Add remaining oil, garlic and onion. Sauté for 4-5 minutes or until tender.

Press **START/STOP**. Add shanks, stock, dill, lemon slices, and lemon juice to the Cooking Pot. Secure the lid. Make sure the steam release valve is in the "Seal" (closed) position. Press **MEAT/STEW**, set the pressure to HIGH, and adjust the time to 30 minutes. Press **START/STOP**.

Once cooking has completed, and the pressure is released, season to taste with salt and pepper. Top with extra dill and serve.

Express Paella



COURSE: ENTRÉE | PREP TIME: 10 MINUTES | COOK TIME: 20 MINUTES | YIELDS: 4-6 SERVINGS

INGREDIENTS:

2 tbsp olive oil
1 lb chorizo, sliced
3 cloves garlic, crushed
1 onion, chopped
1 red capsicum, seeds removed, diced
1 cup chicken stock
1 cup whole green peas
1½ cups long grain rice
2 tbsp freshly chopped parsley
½ tsp extra fine sugar
1 lb shrimp, peeled, deveined
14 oz can crushed tomatoes
Salt and freshly ground black pepper, to taste

DIRECTIONS:

Press **BROWN/SAUTÉ**, set temperature to HIGH, and then press **START/STOP**. Add oil and preheat for 2 minutes. Add chorizo and brown in Cooking Pot for 3-4 minutes. Remove from Cooking Pot.

Add garlic, onion and capsicum. Sauté for 4-5 minutes or until tender.

Press **START/STOP** and add remaining ingredients to the Cooking Pot, including shrimp. Secure the lid. Press **RICE/RISOTTO**, set the pressure to LOW, and set to 10 minutes. Make sure the Steam Release Valve is set to the "Seal" (closed) position. Press **START/STOP**.

Once cooking has completed and the pressure is released, season to taste with salt and pepper. Serve hot.

Mushroom & Gorgonzola Risotto



COURSE:	PREP TIME:	COOK TIME:	YIELDS:
ENTRÉE	10 MINUTES	20 MINUTES	6-8 SERVINGS

INGREDIENTS:

2 tbsp olive oil
2 cloves garlic, crushed
2 onions, chopped
1 lb Portobello mushrooms, sliced
4 cups Arborio rice
¾ cup white wine
6 cups chicken stock
¾ cup grated Parmesan cheese
5 oz Gorgonzola cheese, crumbled
½ cup continental parsley, roughly chopped
3 tbsp butter, room temperature
Salt and freshly ground black pepper, to taste

DIRECTIONS:

Press **BROWN/SAUTÉ**, set temperature to HIGH, and then press **START/STOP**. Add oil and preheat for 2 minutes. Add garlic, onion and mushrooms. Cook for 4-5 minutes or until tender.

Add rice and stir to coat all grains. Pour in wine and allow to reduce by half. Add stock. Press **START/STOP**. Secure the lid. Press **RICE/RISOTTO**, set the pressure to LOW, and set time to 12 minutes. Make sure the Steam Release Valve is in the "Seal" (closed) position. Press **START/STOP**.

Once cooking has completed and the pressure is released, fold through Parmesan, Gorgonzola, parsley and butter. Season to taste with salt and pepper. Serve hot.

Mixed Berry Yogurt



COURSE:	PREP TIME:	COOK TIME:	YIELDS:
ENTRÉE	5 MINUTES	8 HOURS, 35 MINUTES	1/2 GALLON

INGREDIENTS:

½ gallon milk (whole, 2%, 1% or fat free)
2 tbsp yogurt "Starter" (yogurt made w/milk & live/active cultures only)
1 cup mixed berries

NOTES:
When making yogurt in your Express Crock, first make sure your pot is cold or cool. You will need a thermometer for the cooking process.

YOGURT function does not operate under pressure.

More time = more tangy, less time = less tangy.

DIRECTIONS:

Pour milk into the Cooking Pot. Press **YOGURT**, set temperature to HIGH. Make sure the Steam Release Valve is in the "Release" (open) position, and press **START/STOP**. Whisk frequently. When cooking cycle ends, check that milk has reached 180°F. Use oven mitts to remove Cooking Pot and place in kitchen sink full of cold water, not allowing water into the Cooking Pot. Cool milk down to 95-105 degrees, whisking often. Do not add the yogurt starter to the hot milk, as it will kill the bacterial cultures.

Scoop some milk into a separate bowl and stir in yogurt starter. Add this mix to the Cooking Pot and stir until the mixture reaches a uniform consistency. Place Cooking Pot back into the Heating Base. Secure the lid. Make sure Steam Release Valve is in the "Release" (open) position. Press **YOGURT**, set temperature to LOW, and set time to 8-12 hours. Press **START/STOP.** After 8 hours, taste test periodically until desired taste is achieved.

Once the yogurt has reached the desired taste, press **START/STOP**, remove the Cooking Pot, cover with aluminum foil, and place it on a trivet in the fridge to stop the incubating process and allow to sit there for at least 8 hours. The yogurt should thicken slightly as it sits.

Plain yogurt is done. Add mixed berries and serve.

Chicken Provencal



COURSE: ENTRÉE | PREP TIME: 8 MINUTES | COOK TIME: 35 MINUTES | YIELDS: 6 SERVINGS

INGREDIENTS:

1 tbsp olive oil
2 cloves garlic, crushed
2 onions, sliced
1 red capsicum, deseeded, sliced
1 yellow capsicum, deseeded, sliced
1 cup white wine
28 oz can chopped tomatoes
1 cup kalamata olives, pits removed
10 chicken thigh fillets, skin removed
8 sprigs fresh thyme
2 anchovies
Salt and freshly ground black pepper, to taste

DIRECTIONS:

Press **BROWN/SAUTÉ**, set temperature to HIGH, and then press **START/STOP**. Add oil and preheat for 2 minutes. Add garlic, onions and capsicums. Cook for 4-5 minutes or until tender.

Add wine and allow to reduce by half. Press **START/STOP**. Add remaining ingredients to Cooking Pot. Secure the lid. Press **POULTRY**, set the pressure to HIGH, and set time to 30 minutes. Make sure the Steam Release Valve is in the "Seal" (closed) position. Press **START/STOP**.

Once cooking is complete, and the pressure has released, season to taste with salt and pepper. Serve hot.

Duck Ragu



COURSE: ENTRÉE | PREP TIME: 10 MINUTES | COOK TIME: 25 MINUTES | YIELDS: 4-6 SERVINGS

INGREDIENTS:

1 tbsp butter
14 oz duck breasts, skin on, deboned
4 oz bacon, chopped
2 cloves garlic, crushed
1 onion, finely chopped
1 bay leaf
1 tbsp fresh rosemary, roughly chopped
2 tbsp tomato paste
½ cup red wine
14 oz can chopped tomatoes
2 cups chicken stock
5 oz button mushrooms, sliced
Salt and freshly ground black pepper, to taste
Pasta and Parmesan cheese, to serve

DIRECTIONS:

Press **BROWN/SAUTÉ**, set temperature to HIGH, and then press **START/STOP**. Add butter and preheat for 2 minutes. Add duck and brown for 2 minutes on each side or until golden. Remove from Cooking Pot.

Add bacon, garlic, onion, bay leaf and rosemary. Sauté for 4-5 minutes or until tender. Add tomato paste and cook for 1 minute. Add wine and allow to reduce by half.

Press **START/STOP**. Place all ingredients in Cooking Pot, including the duck. Secure the lid. Press **POULTRY**, set pressure to HIGH, and adjust time to 20 minutes. Make sure the Steam Release Valve is in the "Seal" (closed) position. Press **START/STOP**.

Once cooking is complete, and the pressure has released, set aside to cool. Season to taste with salt and pepper. Serve over pasta with grated Parmesan cheese.

Asian Steamed Chicken



COURSE: ENTRÉE | PREP TIME: 5 MINUTES | COOK TIME: 10 MINUTES | YIELDS: 4 SERVINGS

INGREDIENTS:

2 long green onions, sliced
2 cloves garlic, crushed
2 tbsp lime juice
1 tbsp fish sauce
1 tbsp soy sauce
1 tsp sesame oil
½-inch piece ginger, peeled, grated
4 chicken breasts, skin removed
1 tbsp sesame seeds
Salt and freshly ground black pepper, to taste
2 cups water

DIRECTIONS:

Place onion, garlic, lime, fish sauce, soy sauce, sesame oil and ginger in a bowl and stir to combine. Place each piece of chicken in the middle of a 8˝ x 8˝ square of baking paper. Evenly divide the sauce between chicken breasts. Bring corners of baking paper to the center and secure to form a parcel.

Place 2 cups of water into the base of the Cooking Pot. Place Steaming Rack into Cooking Pot. Place chicken parcels on the rack. Secure the lid. Press **STEAM**, set pressure to HIGH, and adjust time to 10 minutes. Make sure the Steam Release Valve is in the "Seal" (closed) position. Press **START/STOP**.

Once cooking has completed and the pressure is released, carefully remove chicken parcels. Season to taste with salt and pepper. Serve hot.

Coq au Vin



COURSE: ENTRÉE | PREP TIME: 10 MINUTES | COOK TIME: 25 MINUTES | YIELDS: 4-6 SERVINGS

INGREDIENTS:

1 leek, halved
5 sprigs fresh flat-leaf parsley
3 sprigs fresh thyme
1 bay leaf
2 tbsp olive oil
3 lbs chicken thighs, fat removed
2 tbsp butter
7 oz bacon, chopped
7 oz button mushrooms, left whole
4 shallots, sliced
3 cloves garlic, crushed
¼ cup plain flour
¼ cup tomato paste
3 carrots, peeled, diced
2 cups red wine
1 cup chicken stock
Salt and freshly ground black pepper, to taste

DIRECTIONS:

Place one half of the leek, cut side up, onto a flat surface. Place parsley, thyme and bay leaf in the middle of the leek. Cover with other half of leek. Tie leek together so all herbs are incased. Press **BROWN/SAUTÉ**, set temperature to HIGH, and then press **START/STOP**. Add oil and preheat for 2 minutes. In batches, brown chicken in Cooking Pot for 3-4 minutes. Remove from Cooking Pot.

Add butter and bacon to Cooking Pot, cooking until crisp. Add mushrooms, shallots, leek and garlic. Cook for 6-8 minutes or until tender.

Stir in flour and tomato paste. Add remaining ingredients, including chicken, into the Cooking Pot. Secure the lid. Press **POULTRY**, set pressure to HIGH, and adjust time to 10 minutes. Make sure the Steam Release Valve is in the "Seal" (closed) position. Press **START/STOP**.

Once cooking has completed, and the pressure is released, season to taste with salt and pepper. Serve hot.

Oatmeal with Sliced Strawberries & Almonds



COURSE: ENTRÉE | PREP TIME: 5 MINUTES | COOK TIME: 10 MINUTES | YIELDS: 3 SERVINGS

INGREDIENTS:

½ cup steel cut oats
2 cups water
1 tablespoon oil
Dash of salt
½ cup sliced strawberries
¼ cup sliced almonds
1 teaspoon brown sugar

DIRECTIONS:

Combine oats, water, oil, and salt in Multi-Cooker. Secure the lid. Press **MULTIGRAIN**, set pressure to HIGH, and adjust time to 10 minutes. Make sure the Steam Release Valve is in the "Seal" (closed) position. Press **START/STOP**.

Once cooking has completed, and the pressure is released, remove from the pot and top with sliced strawberries, sliced almonds, and brown sugar.

Italian Meatballs in Marinara Sauce



COURSE: ENTRÉE | PREP TIME: 20 MINUTES | COOK TIME: 2 HOURS, 15 MINUTES | YIELDS: 4-8 SERVINGS

INGREDIENTS:

MEATBALLS:
2 tbsp of chopped fresh parsley
1¼ lb ground beef
⅓ cup bread crumbs
2 tbsp grated Parmesan cheese
1 egg
1 clove garlic, minced
1 tsp dried oregano
½ tsp each salt and pepper
1 tbsp olive oil
1 lb spaghetti, cooked according to package directions
⅓ cup shaved Parmesan cheese, to serve

MARINARA SAUCE:
1 tbsp olive oil
1 onion, chopped
2 cloves garlic, sliced
Pinch hot pepper flakes
¼ cup tomato paste
1 can (28 oz) diced tomatoes
¼ cup chopped fresh basil

DIRECTIONS:

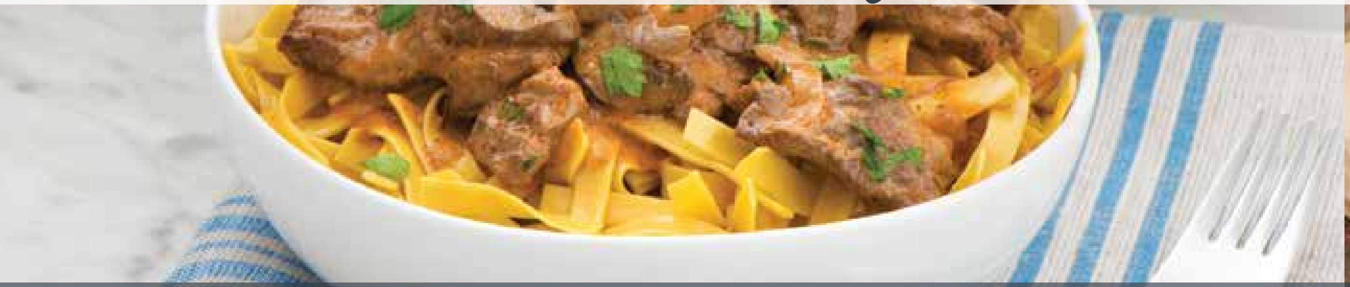
MEATBALLS:
Mix together ground beef, bread crumbs, parsley, cheese, egg, garlic, oregano, salt and pepper until combined; roll into 24 1-inch meatballs.

Press **BROWN/SAUTÉ**, set temperature to HIGH, and then press **START/STOP**. Allow Multi-Cooker to preheat. Add oil to Cooking Pot. Add meatballs in batches, allowing enough space in between meatballs to avoid steaming. Brown for 5 or 6 minutes or until browned; transfer to plate.

MARINARA SAUCE:
Add oil, onion, garlic and hot pepper flakes to Cooking Pot. Sauté, stirring, for 5 to 8 minutes or until onion starts to soften. Stir in tomato paste and diced tomatoes, stirring to incorporate any browned bits into sauce. Press **START/STOP**.

Return meatballs to Cooking Pot. Secure the lid. Make sure Steam Release Valve is in the "Release" (open) position. Select **SLOW COOK**, set temperature to LOW, and adjust time to 2 hours. Press **START/STOP**. Once cooking is complete, serve over spaghetti and add Parmesan cheese.

Beef & Mushroom Stroganoff



COURSE:	PREP TIME:	COOK TIME:	YIELDS:
ENTRÉE	20 MINUTES	4 HOURS, 10 MINUTES	6 SERVINGS

INGREDIENTS:

2 tbsp olive oil
½ lb sliced cremini mushroom
1 large onion, thinly sliced
1½ lb beef sirloin steak, cut into ¼-inch slices
½ tsp each salt and pepper
2 cloves garlic, minced
1 tbsp paprika
¼ cup tomato paste
1½ cups low-sodium beef broth
1 tbsp all-purpose flour
1 tbsp Worcestershire sauce
2 bay leaves
⅓ cup sour cream
¼ cup chopped fresh parsley
12 oz egg noodles, cooked according to package directions

DIRECTIONS:

Press **BROWN/SAUTÉ**, set temperature to HIGH, and then press **START/STOP**. Allow Multi-Cooker to preheat. Add half of the oil. Add mushrooms and onion; cook, stirring, for 5 minutes or until lightly browned. Set aside.

Add remaining oil to Cooking Pot. Toss beef with salt and pepper. Brown, stirring occasionally, for 5 minutes or until well browned. Add garlic and paprika; return onion and mushrooms to Cooking Pot. Add tomato paste; cook for 1 minute. In a separate bowl, whisk ¼ cup of the beef broth with flour. Set aside.

Add remaining beef broth, stirring to incorporate any browned bits into sauce. Add Worcestershire sauce and bay leaves; return beef back to Cooking Pot. Add reserved stock and flour mixture.

Press **START/STOP**. Secure the lid. Make sure Steam Release Valve is in the “Release” (open) position. Select **SLOW COOK**, set temperature to LOW, and adjust time to 4 hours. Press **START/STOP**. Once cooking is complete, serve over egg noodles, which have been cooked separately.

Traditional Beef Stew



COURSE:	PREP TIME:	COOK TIME:	YIELDS:
ENTRÉE	20 MINUTES	2 HOURS, 40 MINUTES	6-8 SERVINGS

INGREDIENTS:

1 tbsp olive oil
1½ lb stewing beef
½ tsp each salt and pepper
2 cloves garlic, minced
2 tsp finely chopped fresh thyme
2 tbsp tomato paste
1½ cups diced carrots
2 cups quartered baby red potatoes
1 cup pearl onions, peeled
½ cup red wine
2 cups beef broth
2 bay leaves
3 tbsp all-purpose flour
1 cup frozen peas, thawed
2 tbsp chopped fresh chives

DIRECTIONS:

Press **BROWN/SAUTÉ**, set temperature to HIGH, and then press **START/STOP**. Allow Multi-Cooker to preheat. Add oil to Cooking Pot. Toss beef with salt and pepper; add to Cooking Pot. Cook, stirring occasionally, for 5 to 7 minutes or until well browned. Add garlic and thyme; cook, stirring, for 1 minute. Stir in tomato paste. Stir in carrots, potatoes and onions.

Whisk in wine, broth and bay leaves; bring to boil. Press **START/STOP**. Secure the lid. Make sure Steam Release Valve is in the “Release” (open) position. Select **SLOW COOK**, set temperature to HIGH, and adjust time to 2 hours, cooking until beef and vegetables are tender. Press **START/STOP**.

In a separate bowl, whisk flour with 1/2 cup of the cooking liquid and add to Cooking Pot during last 30 minutes of cooking; slow cook for 30 minutes or until sauce has thickened. Stir in peas and chives. Remove bay leaf before serving.

Green Coconut Chicken Curry



COURSE: ENTRÉE | PREP TIME: 15 MINUTES | COOK TIME: 45 MINUTES | YIELDS: 6 SERVINGS

INGREDIENTS:

1½ lb boneless skinless chicken breasts, sliced
½ tsp each salt and pepper
2 tbsp canola oil
1 onion, sliced
2 zucchini, sliced
2 cloves garlic, minced
1 tbsp minced fresh ginger root
1 can (14 oz) coconut milk
2 tbsp Thai green curry paste
3 tbsp chopped fresh cilantro
2 tbsp lime juice
1 tbsp soy sauce
1½ cups jasmine rice, cooked according to package directions

DIRECTIONS:

Press **BROWN/SAUTÉ**, set temperature to HIGH, and then press **START/STOP**. Allow Multi-Cooker to preheat. Season chicken with salt and pepper. Add half of the oil to Cooking Pot. Brown chicken, stirring occasionally, for 7 minutes or until well browned. Transfer to plate.

Add remaining oil to Cooking Pot; add onion, zucchini, garlic and ginger. Sauté, stirring, for 5 minutes or until vegetables start to soften. Add coconut milk and curry paste, stirring to incorporate browned bits into sauce.

Press **START/STOP**. Return chicken to Cooking Pot. Secure the lid. Make sure Steam Release Valve is in the "Release" (open) position. Select **SLOW COOK**, set temperature to LOW, and adjust time to 30 minutes. Press **START/STOP**.

Just before serving, add cilantro, lime juice and soy sauce. Serve over rice.

Herbed Salmon Parcels



COURSE: ENTRÉE | PREP TIME: 5 MINUTES | COOK TIME: 3 MINUTES | YIELDS: 4 SERVINGS

INGREDIENTS:

4 x 7 oz fillets salmon, skin on
1 lemon, finely sliced
1 bunch fresh basil
1 bunch fresh dill
3½ tbsp butter, room temperature
Salt and freshly ground black pepper, to taste
2 cups water

DIRECTIONS:

Place each piece of salmon in the middle of a 8˝ x 8˝ square of baking paper. Evenly divide lemon, basil and dill, and place over salmon. Dot with butter. Bring corners of baking paper to the center and secure to form a parcel.

Place 2 cups of water in the base of the Cooking Pot. Place Steaming Rack over water. Place salmon parcels on the rack. Secure the lid. Press **STEAM**, set pressure to HIGH, and adjust time to 3 minutes. Make sure the Steam Release Valve is in the "Seal" (closed) position. Press **START/STOP**. Once cooking has completed and the pressure is released, allow to cool.

Mexican Pulled Pork



COURSE: ENTRÉE | PREP TIME: 15 MINUTES | COOK TIME: 2 HOURS | YIELDS: 6 SERVINGS

INGREDIENTS:

2 tbsp chili powder
1 tbsp salt flakes
1 tbsp brown sugar
1 tsp ground cumin
½ tsp cayenne
½ tsp turmeric
½ tsp ground oregano
½ tsp onion powder
½ tsp garlic powder
½ tsp cinnamon
¼ tsp ground cloves
2 tbsp of vegetable oil
1 leek, sliced
3 lbs boneless pork shoulder, rind and fat removed
14 oz tin of chopped tomatoes
1 cup water
2 tbsp apple cider vinegar
Salt and freshly ground black pepper, to taste
Soft tacos, guacamole, sour cream and salad, to serve

DIRECTIONS:

Mix all the ingredients except the pork, oil, tomatoes, water and cider, together in a bowl until well blended. Rub the pork with the spice mix ensuring to cover all the pork.

Pour the oil into the Cooking Pot. Press **BROWN/SAUTÉ**, set temperature to HIGH, and then press **START/STOP**. Once preheated, place pork into Cooking Pot and brown on all sides. Press **START/STOP**. Add the leek to the Cooking Pot and continue to brown for 2 minutes. Add the tomatoes, water and cider to the pork. Secure the Lid. Press **MEAT/STEW**, set pressure to HIGH, and adjust time to 2 hours. Make sure the Steam Release Valve is in the "Seal" (closed) position. Press **START/STOP**.

Once the cooking has completed, allow pressure to release naturally. Remove lid and shred pork with two forks. Season to taste with salt and pepper. Stir to combine. Serve in soft tacos with guacamole, sour cream and salad.

TIP: If the sauce is too thin, thicken with 2 tbsp corn flour. Bring to a simmer until thickened.

Enchilada-Stuffed Peppers



COURSE: ENTRÉE | PREP TIME: 20 MINUTES | COOK TIME: 20 MINUTES | YIELDS: 5 SERVINGS

INGREDIENTS:

5 bell peppers (any color)
1 ½ lbs ground beef
1 15oz can black beans, drained and rinsed
2 cups shredded pepper-jack cheese
1 can of corn, drained
1 small onion, diced
½ cup diced tomatoes
10oz can enchilada sauce
1 cup white wine
1 tsp of cumin
1 tsp garlic powder
1 tsp salt
1 tbsp olive oil
1 jalapeño pepper, sliced (optional)
1 cup sour cream (optional)

DIRECTIONS:

Cut off the tops of the bell peppers and hollow out the insides, discarding the seeds. Set aside.

Press **BROWN/SAUTÉ**, set temperature to HIGH, and then press **START/STOP**. Add oil to Cooking Pot and brown the beef for about 5 minutes. Do not overcook. Press **START/STOP**.

Drain beef and place in a large mixing bowl. Stir in black beans, corn, cheese, tomatoes, onion, enchilada sauce, cumin, garlic powder and salt until evenly combined. Stuff mixture into each bell pepper.

Insert Steaming Rack into Cooking Pot and then pour in wine. Place stuffed peppers onto rack. Secure the lid. Press **BEANS/CHILI**, set pressure to LOW, and adjust time to 15 minutes. Make sure the Steam Release Valve is in the "Seal" (closed) position. Press **START/STOP**. Once cooking has completed, and the pressure is released, serve with sour cream and jalapeño, if desired. With any extra stuffing mixture, you can make additional stuffed peppers or use for another recipe later.

Corned Beef Dinner (Pressure)



COURSE: **ENTRÉE** | PREP TIME: **15 MINUTES** | COOK TIME: **1 HOUR, 30 MINUTES** | YIELDS: **6 SERVINGS**

INGREDIENTS:

4 lbs corned beef brisket with seasoning packet
6 red potatoes, washed and cut into large chunks
1 lb baby carrots
1 head of cabbage, sliced into sections ½" wide
1 can (15 oz) of Guinness Stout
3 cloves garlic, minced
2 tbsp sugar
2 tbsp apple cider vinegar
¼ tsp ground black pepper

DIRECTIONS TO PRESSURE COOK:

Layer potatoes, carrots and cabbage into the Cooking Pot. Add Guinness, garlic, sugar, apple cider vinegar, and black pepper on top of the vegetables. Rub seasoning packet over corned beef and then place into Cooking Pot on top of the cabbage. Secure the lid.

Press **MEAT/STEW**, set pressure to HIGH, and adjust time to 1 hour, 30 minutes. Make sure the Steam Release Valve is in the "Seal" (closed) position. Press **START/STOP**. Once cooking has completed, and the pressure is released, serve hot.

Corned Beef Dinner (Slow Cook)



COURSE: **ENTRÉE** | PREP TIME: **15 MINUTES** | COOK TIME: **8 HOURS** | YIELDS: **6 SERVINGS**

INGREDIENTS:

4 lbs corned beef brisket with seasoning packet
6 red potatoes, washed and cut into large chunks
1 lb baby carrots
1 head of cabbage, sliced into sections ½" wide
1 can (15 oz) of Guinness Stout
3 cloves garlic, minced
2 tbsp sugar
2 tbsp apple cider vinegar
¼ tsp ground black pepper

DIRECTIONS TO SLOW COOK:

Layer potatoes, carrots and cabbage into the Cooking Pot. Add Guinness, garlic, sugar, apple cider vinegar, and black pepper on top of the vegetables. Rub seasoning packet over corned beef and then place into Cooking Pot on top of the cabbage. Secure the lid.

Press **SLOW COOK**, set temperature to LOW, and adjust time to 8 hours. Make sure the Steam Release Valve is in the "Release" (open) position. Press **START/STOP**. Once cooking has completed, serve hot.

Spaghetti Squash With Bolognese (Pressure)



COURSE:	PREP TIME:	COOK TIME:	YIELDS:
ENTRÉE	15 MINUTES	22 MINUTES	8 SERVINGS

INGREDIENTS:

1 large (approx. 3 lbs) spaghetti squash
1 lb ground beef
1 small onion, diced
3 cloves of garlic, minced
1 tsp salt
1 tsp black pepper
1 can (28oz) tomato sauce
1 cup beef broth
1 bay leaf
1 tbsp olive oil
¼ cup grated pecorino Romano cheese

OPTIONAL:
If the sauce is not thick enough after cooking, you can simmer until it reaches the desired thickness. Press **BROWN/SAUTÉ**, set temperature to **LOW**, and then press **START/STOP**. Once complete, press **START/STOP**.

DIRECTIONS TO PRESSURE COOK:

Press **BROWN/SAUTÉ**, set temperature to HIGH, and then press **START/STOP**. Add oil to Cooking Pot and brown the beef for about 5 minutes. Do not overcook. Add onions and continue sautéing for two more minutes.

Stir in garlic, salt and pepper until fragrant. Add tomato sauce, beef broth, and bay leaf and gently stir until combined. Press **START/STOP**.

Pierce approximately 10-15 holes into the spaghetti squash using a large knife and then place whole squash into Cooking Pot over the sauce (use Steaming Rack if desired).

Secure the lid. Press **BEANS/CHILI**, set pressure to HIGH, and adjust time to 15 minutes. Make sure the Steam Release Valve is in the "Seal" (closed) position. Press **START/STOP**. Once cooking has completed, and the pressure is released, you should easily be able to pierce the squash with a fork. Remove the squash from the Cooking Pot and cut in half. Use a spoon to scrape out the seeds of the squash and discard. Then use a fork to gently scrape the flesh of the squash, which should separate into long, stringy, spaghetti-like strands. Serve spaghetti squash strands with the meat sauce and top with grated cheese.

Spaghetti Squash With Bolognese (Slow Cook)



COURSE:	PREP TIME:	COOK TIME:	YIELDS:
ENTRÉE	15 MINUTES	6-8 HOURS	8 SERVINGS

INGREDIENTS:

1 large (approx. 3 lbs) spaghetti squash
1 lb ground beef
1 small onion, diced
3 cloves of garlic, minced
1 tsp salt
1 tsp black pepper
1 can (28oz) tomato sauce
1 cup beef broth
1 bay leaf
1 tbsp olive oil
¼ cup grated pecorino Romano cheese

OPTIONAL:
If the sauce is not thick enough after cooking, you can simmer until it reaches the desired thickness. Press **BROWN/SAUTÉ**, set temperature to **LOW**, and then press **START/STOP**. Once complete, press **START/STOP**.

DIRECTIONS TO SLOW COOK:

Press **BROWN/SAUTÉ**, set temperature to HIGH, and then press **START/STOP**. Add oil to Cooking Pot and brown the beef for about 5 minutes. Do not overcook. Add onions and continue sautéing for two more minutes.

Stir in garlic, salt and pepper until fragrant. Add tomato sauce, beef broth, and bay leaf and gently stir until combined. Press **START/STOP**.

Pierce approximately 10-15 holes into the spaghetti squash using a large knife and then place whole squash into Cooking Pot over the sauce (use Steaming Rack if desired).

Secure the lid. Press **SLOW COOK**, set temperature to LOW, and adjust time to 6-8 hours. Make sure the Steam Release Valve is in the "Release" (open) position. Press **START/STOP**. Once cooking has completed, and the pressure is released, you should easily be able to pierce the squash with a fork. Remove the squash from the Cooking Pot and cut in half. Use a spoon to scrape out the seeds of the squash and discard. Then use a fork to gently scrape the flesh of the squash, which should separate into long, stringy, spaghetti-like strands. Serve spaghetti squash strands with the meat sauce and top with grated cheese.



Red Wine Poached Pears

COURSE: **DESSERT** | PREP TIME: **5 MINUTES** | COOK TIME: **20 MINUTES** | YIELDS: **6 SERVINGS**

INGREDIENTS:

POACHED PEARS:
6 bosc pears, peeled, core removed
2 cardamom pods, crushed
2 cloves
1 cinnamon stick
1 vanilla bean, split
3 cups red wine
1¼ cups caster sugar
2 tbsp lemon zest

COINTREAU CREAM:
1½ cups thickened cream
1 tbsp Cointreau
2 tbsp soft icing sugar

DIRECTIONS:

POACHED PEARS:
Place all ingredients except cream into Cooking Pot. Secure lid. Press **DESSERT**, set pressure to LOW, and set time to 15 minutes. Make sure the Steam Release Valve is in the "Seal" (closed) position. Press **START/STOP**.

Once cooking is complete, and the pressure has released, remove pears from sauce. Press **BROWN/SAUTÉ**, set temperature to HIGH, and then press **START/STOP**. Cook sauce until reduced by half. Serve pears with sauce and Cointreau Cream.

COINTREAU CREAM:
Whip all ingredients together until soft peaks form.



Double Chocolate Centered Puddings

COURSE: **DESSERT** | PREP TIME: **10 MINUTES** | COOK TIME: **25 MINUTES** | YIELDS: **8 SERVINGS**

INGREDIENTS:

10 tbsp butter, room temperature
⅔ cup brown sugar
1 tsp vanilla extract
4 oz good quality dark chocolate, melted
2 eggs, lightly whisked
¾ cup self-raising flour
¼ cup plain flour
¼ cup cocoa powder
⅓ cup milk
4 oz good quality dark chocolate, extra, chopped
2 cups water

DIRECTIONS:

Grease 8 small (½ cup capacity) ramekin dishes.

In a separate bowl, mix together the butter, sugar and vanilla until pale and creamy. Add one egg. Mix to combine. Pour in melted chocolate and beat well. Add remaining egg, beat well.

Sift together the flours and cocoa into a second bowl. On low speed, slowly add flour mix and milk to the creamed mixture until just combined to form a pudding. Fill ramekin dishes 1/3 full with pudding mixture, place a piece of dark chocolate onto mixture then place more pudding mixture on top of chocolate. Repeat with all ramekins.

Cover the top of each ramekin with foil, ensuring no water can get into puddings. Pour 2 cups of water into Cooking Pot, then add Steaming Rack over water. Place ramekins on the rack. Secure the lid. Press **DESSERT**, set pressure to HIGH, and set time to 25 minutes. Make sure the Steam Release Valve is in the "Seal" (closed) position. Press **START/STOP**.

Once cooking has completed, and the pressure is released, serve puddings with raspberry coulis and cream.

Fruits of the Garden with a Trio of Nut Topping



COURSE: **DESSERT** | PREP TIME: **10 MINUTES** | COOK TIME: **30 MINUTES** | YIELDS: **8 SERVINGS**

INGREDIENTS:

2 plums, peeled, halved, deseeded
2 pears, peeled, cored, halved
2 apples, peeled, cored, halved
10 medjool dates, stones removed
14 oz can sliced peaches
14 oz can sliced apricots
14 oz can black cherries
4 tbsp light brown sugar
2 cinnamon quills
4 tbsp fresh orange juice

TOPPING:
1 tbsp butter
½ cup almond flakes
½ cup walnuts, whole
½ cup macadamia nuts, whole
1 cup shredded coconut

DIRECTIONS:

Place all but the topping ingredients into the Cooking Pot. Secure the lid. Press **DESSERT**, set pressure to HIGH, and adjust time to 30 minutes. Make sure the Steam Release Valve is in the “Seal” (closed) position. Press **START/STOP**.

While the fruit is cooking, melt the butter in a separate pan on the stovetop and add the topping ingredients. Stir until the coconut has turned a golden brown. Set aside to cool.

Once the fruit is cooked, serve warm topped with the trio of nuts topping.

Chocolate Chip & Hazelnut Banana Bread



COURSE: **DESSERT** | PREP TIME: **15 MINUTES** | COOK TIME: **1 HOUR** | YIELDS: **12 SERVINGS**

INGREDIENTS:

1½ cups all-purpose flour
1½ tsp baking powder
1 tsp baking soda
½ tsp salt
1 egg
¾ cup granulated sugar
½ cup plain 2% yogurt
½ cup vegetable oil
1 tsp vanilla extract
2 ripe bananas, mashed
¾ cup milk or dark chocolate chips
¾ cup chopped hazelnuts
1 ½ cups water

DIRECTIONS:

Grease 6-cup bundt pan (or 7-inch diameter round cake pan) and line with enough parchment paper to overhang sides. In a bowl, whisk together flour, baking powder, baking soda and salt. In separate bowl, whisk together egg, sugar, yogurt, oil and vanilla until blended; whisk in bananas until combined. Stir into flour mixture. Fold in 1/2 cup chocolate chips and 1/2 cup hazelnuts. Scrape into prepared Cooking Pot and smooth top. Sprinkle with remaining chocolate and hazelnuts.

Add 1.5 cups of water into Cooking Pot. Place Steaming Rack over water. Place cake pan on Steaming Rack. Lightly cover the cake pan with a piece of paper towel and then a piece of foil. Secure the lid. Press **MULTIGRAIN**, set pressure to HIGH, and adjust time to 1 hour. Make sure the Steam Release Valve is in the “Seal” (closed) position. Press **START/STOP**. Once cooking has completed and the pressure is released, allow cake to cool in pan.

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IMPORTANT NOTES:

- Please refer to your Crock-Pot® Express Crock instruction book for directions on using your specific multi-cooker.
- Cook times are based on the approximate amount of time required to cook the recipe. Always ensure food is cooked thoroughly before consuming.
- Visit the Crock-Pot® website at www.crockpot.com for additional recipes, hints, tips, and more.

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